



4. Take Notice

Taking a moment to pay more attention to the present – to your thoughts, feelings and the world around you – can significantly improve your mental wellbeing and relationships.

Get started. Start in your local park, take some time to notice the sights, smells and sounds around you. Try our services which include gardening, yoga and massage.



5. Learn

Learning in later life can help your confidence, your connection to your community, and improve your digital skills.

Get started. Start with your local library, the University of the Third Age, or try local book and history groups. Learn a new skill or reignite an old hobby with our classes on cooking, IT, reading and languages.

For a full list of classes visit
www.kcsc.org.uk/self-care-directory

What is My Care My Way?

This leaflet is part of the **My Care My Way** care service for over 65s. Together with your GP and health and social care professionals, this service enables you to create your own personalised health and wellbeing plan.

How can I access self-care services?

Speak to your local healthcare professional such as your GP or nurse about **My Care My Way**, to find out how to access our self-care services. Alternatively visit:
www.kcsc.org.uk/self-care-directory



Self-care

A guide to health and well-being for over 65s.



My Care, My Way

www.mycaremyway.co.uk



My Care, My Way

What is self-care and why is it important?

Self-care helps you to stay as healthy and as independent as you can. It's about making small lifestyle changes that can have a big effect on your wellbeing.

Self-care can be as simple as calling a friend for a chat, doing a bit of exercise or joining a lunch club.

We have created a wide range of activities and services to support you to take better care of yourself, to stay independent, gain new interests and have fun.

Here are five areas of well-being to get you started: **Connect, Be Active, Give, Take Notice, Learn.**

Read on to find out more.

"I had a lot of health issues, but doing something for myself, meeting other people and making friends. It has helped more than I can tell you."

Fatima, Queensway



1. Connect

Strong social relationships are key to maintaining your health and wellbeing.

Get started. Going to Friday prayers, your local church, singing group or language club, are a great place to start.



"It's so good to be involved in something that makes you live."

Khadhija, Paddington



2. Be Active

It's important to stay active, for both body and mind.

Get started. Do a crossword puzzle, go for a walk in the local park, or join a walking or gardening group. For something more challenging go for pilates or yoga classes, badminton, zumba or join a football group.



3. Give

Lending a hand to others can boost your mood and help combat loneliness and depression.

Get started. Reach out to volunteer at a local charity shop or faith group. We have a range of volunteering opportunities, at local museums and community centres.

